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Holmes' Bakery, 1st. & E Sts.

jy16-3m,20 Baths in New York Offices.

From the New York Sun.

One of the uptown banks opened for its clerks last week a well-appointed bath room with facilities for shower baths, and enough time was allowed to each employe each day during business hours to make use of it. As a result there was no wilted collars behind the counters of that bank. The private bath room has become one of the greatest luxuries of many a downtown business office in recent years. They may be found in all the big office buildings and in some of the big brokers' offices in Wall street. For the man whose business keeps him downtown until late in the afternoon during these summer days they are a fair substitute for a dip in the surf. No man who can have a shower bath and a change of clothes in his office during these hot days need come uptown in a pessimistic mood to make his family un-comfortable with tales of his sufferings during the day. If New York is growing warmer each summer, as some of its old inhabitants assert, certainly the men who stay in it during the hot weather are han-

dicapping the higher temperature

ing and living.

more rational fashion of hot weather dress-



Table and Kitchen.

Practical Suggestions About What to Eat and How to Prepare Food.

There are so many delightful ways of using and serving berries when they are in season one is tempted to have them at every meal, and one may do so without fear that the family will complain of monotony, especially the children, who seem akin to the birds in love for vine and tree foods. The preferred method of serving them is, of course, au naturel, but their delicious flavors add so much to many other food substances they may be enjoyed in various combinations. A few of these may help the housewife solve the problem of presenting new and tempting dishes to appetites made critical and indifferent by midsummer heat.

Serving Fruit Raw. Serve uncooked ripe fruit for breakfast when it is possible to get it perfectly ripe and in best condition. Fruit intended to be served in this way must be as fresh from the vine or tree as possible, and not overripe or showing the slightest decay, as in this case it is very liable to cause con-siderable trouble in the digestive tract from fermentation or decomposition. Chil-dren are too frequently made ill in summer by allowing them to eat fruit in an unfit condition. Fruit to be served raw should never be allowed to stand in a warm or damp place after it is gathered; this applies particularly to the soft ber-ries. Fruit must be thoroughly cleaned, and such fruits as cherries, currants and grapes can be washed without detracting from their flavor and freshness.

Three points must be observed in serving

the raw fruit; first, it must be ripe; sec-ond, free from any indications of decay or fermentation, and last, but not least, to enhance the enjoyment of this delightful gift of nature it must be served ice cold. A suggestion of green adds greatly to the enjoyment of the fruit.

Berry Dishes for Breakfast.

One of the nicest ways of serving cooked blackberries for breakfast is to make them into "flummery." This can be chilled in individual molds and served with cream, plain or whipped. A toasted wheat biscuit moistened by pouring over it a little boiling water, covering and stewing until soft, but not broken, then cold rich cream poured over it and a slice of "blackberry" mush placed on top, makes a very delicious breakfast dish. The biscuit may be split open and the fruit placed between like a sandwich and whipped cream heaped over the top. Fresh ripe berries of all kinds may be served in the same manner.

Blackberry Flummery.

Cover a pint of ripe berries with a quart of water and cook gently, without stirring, for ten minutes. Mix four level tablespoonfuls of cornstarch with a little cold water and stir into the berries and cook until it thickens; sweeten to taste and stir until sugar is dissolved; cook for a few minites and remove from the fire and turn out The berries should retain their to cool. shape and the jelly be quite clear. Blackberry Mush.

Make the same as the above, but cook the fruit a little longer and put through a sieve to remove the seeds. Make it stiff enough to cut by adding six tablespoonfuls of cornstarch instead of four.

Blueberry Cakes.

These are nice for breakfast or lunch. Measure three cups of sifted flour, add three teaspoonfuls of baking powder, a heaping tablespoonful of sugar and a teaspeenful of salt; sift well together; beat one egg until light; add one and a half cups of milk. Make a well in the center of the flour and gradually pour in the liquid, stirring in the flour. In this way you can keep the batter smooth. Make its con-sistency of cake batter. Melt two level tablespoonfuls of butter and add to the batter; then two cups of floured blueberries. Bake in little custard cups or muffin rings, allowing a little longer time than olum muffin. Blackberries are nice used in this way.

Huckleberry Spider Cake.

Pick over, wash and drain a quart of berries; when quite dry dredge them with flour. Measure four of sifted flour; add a teaspoonful of salt, four level teaspoonfuls of baking powder and sift again. Rub into the flour, using a spatula or flexible knife; half a cup of butter. Add the berries, mix well, then mix in enough milk to make a soft dough that will spread, but not run in the pan. Heat a tablespoonful of butter in the iron spider (frying pan), put in the cake; the pan must be large enough to make the cake three-quarters of an inch thick; set it over a moderate fire to bake slowly for about twenty minutes, allowing ten minutes for each side; shake the pan about and turn the cake to revent its burning; serve as soon as done. Split open, do not cut, and use plenty of

Raspberry and Currant Souffle.

This is nice for a little luncheon party or afternoon tea: Mix together three cups of red raspberry and one cup of red currant oulp; make quite sweet and set on ice to chill. Whip a pint of sweet, rich cream very stiff and dry and pack in ice and salt to chill thoroughly, but not freeze. When ready to serve mix the fruit pulp and cream ightly together and serve at once. Strawberries and bananas may be used; flavor with a little lemon juice.

Berry Dumplings. Beat two eggs very light with two level tablespoonfuls of butter and two of sugar; add a half-pint of milk. Sift two cups of flour with two level teaspoonfuls of baking powder and a pinch of salt. Add the flour to other materials and beat to a smooth. thick batter, adding more flour if quantity given is not sufficient. Have a cup of straw-berries or blackberries washed, drained and floured, and add to the batter. Drop this batter by the spoonful and few at a time into a kettle of boiling salted water; cover closely and boil for fully ten minutes. closely and boil for fully ten minutes. When done serve at once with orange hard

Orange Hard Sauce.

Beat two ounces of butter to a cream with one cup of powdered sugar; then work in gradually one egg yolk, the juice of an orange, a little grated nutmeg and two tablespoonfuls of brandy or sherry, if you use wine. Last of all, add the whites of the eggs beaten to a stiff froth, Set on ice to harden.

Respherry and Carrant Mold.

Stem and wash quarter of a pound of red currants; add to three-quarters of a pound of red raspberries which have been washed and drained. Add half a cup of water and cook until softened; then press through a add sufficient sugar to sweeten to taste. Return to fire; add half a package of gelatine which has been dissolved in half a cup of cold water; stir until the gelatine and sugar are dissolved in the fruit; take from the fire and set in a pan of cracked ice; stir until it begins to thicken, then add a cup of whipped cream; pour into a wetted mold and set on ice to stiffen. Cream may be omitted from the jelly and the fruit poured into a mold with open center; when this is turned out to serve, the whipped cream may be l-caped in the center and fresh berries around the base.

Blackberry Cobbler. Line a deep earthen pudding dish with a

rich biscuit crust rolled out a quarter of an inch thick; fill the dish nearly full with berries; cover the top with half a cup of sugar; add a few tablespoonfuls of water; then cover the top with the dough, pressing edges lightly together. Bake in a moder-ately hot oven three-quarters of an hour. Serve hot with sweetened cream. Sally Lunn.

Two cups of flour, two teaspoonfuls of baking powder, half a teaspoonful of salt. Sift all together. Beat two eggs separately, add a cup of milk to the beaten yolks and stir slowly into the flour. Then add half a cup of butter melted so it will just run, but not oily. Beat thoroughly, then fold in the whites of the eggs. Fill little muffin pans two-thirds full or bake in round shallow pudding dishes. If these are for breakfast, do not add sugar.

Sift two teaspoonfuls of baking powder and half a teaspoonful of salt with three cups of sifted flour. Beat three eggs separately, add the yolks to three cups of cold

milk and stir this into the flour gradually.

Beat to a smooth batter; then add cnethird of a cup of melted butter, and last of all the whites of the eggs beaten to foam. The frons must be well greased and smoking hot and the batter thin enough to spread quickly over the iron; do not put in too much at once. It is a good plan to have the batter in a pitche will pour out easily. Stir it each time before using.

Breakfast Buns. Scald one-half pint of milk; pour it over wo tablespoonfuls of sugar; one quart of lukewarm water; when milk is lukewarm add the yeast and enough flour to make a 'sponge." Let rise until it doubles its original bulk, about two hours: then cream together half a cup of butter and half a one cup of scalded milk. Mix this into the sponge and add sufficient flour to make a soft dough; knead lightly, cover and set to rise until very light; then mold small buns and lay in greased pans, allow-ing plenty of room to rise; then bake in a quick oven for fifteen or twenty minutes. They must not be heavy and doughy.

Menus for Every Day. SUNDAY.

BREAKFAST. Chilled Fruit, Molded Cereal, Whipped Cream, Breaded Tomatoes, Cream Sauce, Lyonnaise Potatoes, Toast, Coffee. DINNER.

Iced Bouillon, Cold Boned Chicken, Garnish of Jelly, Creamed Mushrooms and Peas in Cases, Grantinated Cauliflower,

Lettuce, Wafers, Cheese, Wafers, Iced Rice Pudding, Fruit Compote, SUPPER. Deviled Sardines, Potato Salad, Fruit, White Cake, Tea.

MONDAY. BREAKFAST. Toasted Wheat Biscuit, Cream, Stewed Fruit, Plain Omelet, Tomato Sauce, Rolls, Coffee.

LUNCH.
Thin Slices Boned Chicken,
Currant Jelly, Boiled Ric
Berry Pie, Cereal Coffee.

DINNER

DINNER. Iced Melons, Brolled Mutton Chops, Creamed Peas, New Potatoes, Sliced Tomatoes, Fruit Tapioca, Coffee

TUESDAY. BREAKFAST.

Creamed Dried Beef, German Fried Potatoes, Berry Muffins, Coffee. LUNCH. Cold Sliced Tongue, Cottage Cheese, Fruit, Wafers, Lemonade. DINNER.

Green Pea Soup. Croquettes from Remnants of Boned Chicken. Stewed Cucumbers, New Potatoes. Combination Salad, Fruit Roly Poly, Plain Cream, Coffee.

WHAT A MAN MAY EAT.

The Food and Drink Prescribed for Persons of Sedentary Habits. From the London Chronicle.

What may a sedentary man eat and drink for his bodily health and the dignity of his mind? This question presses upon many of us with growing insistence. There is a mistaken idea that we are always trying to cheat the doctor by smuggling forbidden dishes into the dietary. The real difficulty is to know what prescription to follow, and when to take the prescriber seriously. There is a story that Sir Andrew Clarke, on one occasion, laid down a severe regimen for a new patient suffering from indiges-When the consultation was over, Clarke discovered that the visitor was the son of an old friend, and invited him to

"But what about the regimen?" asked the physician. "You dine with me tonight, and

egin the regimen tomorrow!" This apparent lack of scientific precision may be included in what Dr. Robert Hutchinson, in his "Food and the Principles of Dietetics," calls "personal peculiarities." The peculiarities, both of doctor and patient, seem to offer a rather extensive mar-gin. When you are told by an eminent surgeon that the smallest quantity of alcohol, even at meals, is a slow poison, is this a warning you cannot afford to disregard, or is it only the ebullition of a temperament

that wants to make your flesh creep?
The sedentary man is asked to give up one or two cherished illusions. Lobster does not stimulate the brain. Oysters do not breed a metaphysician. In point of nutriment, says Dr. Hutchison, fourteen oysters are equal to only one egg. In spite of that, no man will eat an egg as an equivalent for fourteen oysters. And what about the brown bread and butter? Besides, the oyster lives in poetry and heroic tradition. Pistol compared the world to an oyster, to be opened with a sword; he did not compare it to an egg, to be cracked with a spoon. The egg is a great symbol in science, but in Shakespeare it is a term of contumely, followed by murder. Thus, in "Macbeth," a villain addresses Macduff's little boy: "Thou egg (stabs him)." In food, the egg is a useful lesson to vegetarlans, who, with the help of eggs and milk. enabled comfortably to support life. Dr. Hutchison admits, however, that we owe a debt to vegetarianism. It showed us that we were too great eaters of beef; that a mixed diet of one part animal food to three parts vegetable food was essential to health, and that our meat should be re-stricted to a couple of "moderate-sized platefuls" a day. Pea soup is nutritious; but, to live on it, you would need a daily supply of twenty-four platefuls. A purely vegetable diet is too bulky; yet it may be good for the gouty and the obese. It true that the Scottish peasantry, their country's pride, were nurtured on catmeal; but it was liberally supplemented by milk. Rational life is a compromise; you want the happy mean "between the tiger pacing its cage and the cow lying upon the grass To the sedentary man, of pacific disposition but unquailing spirit, the choice is easy.

The French Girl.

From the Ladies' Home Journal. The program of what a French girl may or may not do is drawn up very precisely. Unless she is poor and has to earn her own living she never goes out alone. The company of a friend of her own age would not be sufficient to chaperon her. It is an established rule that novel reading is a rare exception. She is entirely subject to her parents' will in the matter of reading. And if she asks to see anything at the theater except a classical masterpiece or an opera, they will tell her that such a thing is not considered proper, feeling sure of her silent submission. After she is fifteen years old she is generally allowed to be in the drawing room on her mother's reception days, but must keep to the modest and secondary place assigned her; pouring the tea and presenting it, courtesying to her elders, answering when spoken to—in short, undergoing her apprenticeship. She has few jewels, and under no pretext any Custom does not permit her to wear costly things; nor does it give her the right, in general, to have a money allow-ance worth speaking of for her personal use. She receives a trifling sum for charity, her books and gloves. A young girl never takes the lead in conversation, but always allows the married lady the precedence, and she finds it quite natural to occupy the background."

Kumatology. From Pearson's Magazine.

There is a new science, whose name is 'kumatology," and whose scope is the study of all the waves and wave-structures of the earth. The main idea on which it is built is that from the higher limits of the atmosphere to the inner core of the earth, waves run through the entire field of geography. Mountain folds are earth waves—the clouds are often but the waves of the air made visible—ind all around and about the earth, wherever sought, are to be found other waves, governed by laws that are mostly unknown. erned by laws that are mostly unknown, and that await man's careful study before their nature will be revealed. A vast, a deep, and an absorbingly interesting science is this "kumatology;" yet it is to a great extent made up by the observation

LOOKED AFTER LITTLE RESIDENTS.

An Experiment Well Worth Trying in The Way They Cook It in Norway-Many Neighborhoods and Easy to Accomplish.

Written for The Evening Star. "Folks never think little boys need any fun."

handed, as it were," in the act of window breaking. Officer Flannery, who held the urchin in custody, made no reply. It was not his province to examine the finer shades of ethics. The policeman silently led the boy off to the station house, where, shortly, his frightened mother appeared with the price of the broken window. After being rudely

hectored by the owner of the window and sternly lectured by the police sergeant, for it was the third offense, the worst boy in the neighborhood was let out. "If you ever darken these doors again, young man," impressively threatened the sergeant, "we shall chuck you into a cell

for the night, and when the judge sees you it's little chance you'll have of escaping the reform school.' The worst bey blubbered all the . way home. He was not such a bad little chap, after all, but misfortunes seemed to follow him in his attempts to establish a

record as the champion boy batter of the ward. Far from feeling himself a delinquent, he regarded his position as that of a martyr.
"Boys ain't got no chance!" he blubbered. "I ain't no dead un, I ain't. I like to have fun sometimes, I do, and

'tain't my fault if the ball breaks their The boy's sorrow-stricken mother reproved his slang and condemned his sen-

"You just wait till your father attends

to you, Jimmy Bangs, and I guess you'll be glad to keep still for awhile!" she re-"Boo, hoo!" was Jimmy's eloquent re-Jimmy had a spinster aunt, wiser than

most of her kind, for when she heard his

protests she declared: "The boy is right!" Now it happened that the aunt, Miss Euphemia, held the women's tennis championship for that town. She was likewise a prize golf player and could sprint a mile in the heat without shedding her complexion or bringing on an attack of

nervous prostration. In his base ball practice Jimmy had found her advice singularly intelligent, and when she went biking, no matter how many beaux were in attendance, she never objected to her young nephew joining the party. Therefore, when scoring "girls" in general the small boy cynics of the neighborhood were inclined to make an indulgent exception of Miss Euphemia, but when they heard that she had taken up the cudgels on behalf of oppressed boys who were dragged into police courts for innocently playing ball upon the public thoroughfares Jimmy and his friends pronounced her a "peach" of the finest type.

Jimmy's aunt was not one to let con-

viction sit idly by while hapless urchins suffered. No; she took out her conviction when she went wheeling and tennis play-ing and golf ball chasing and diligently aired it. She fluttered it before the eyes of her hostess when she went calling, and by and by it became widely known in that re-gion that Miss Euphemia Bangs "thought it was a shame that the boys could not play in peace." Miss Euphemia's point of view would be lauded or disparaged, acording to the spirit or circumstances of her hearers. In households where boys were plentiful parents indorsed her views, while in conservative, boyless families she was sternly criticised.

What the Right Woman Said. Little by little she agitated the matter

Miss Euphemia rose triumphantly to the "Give them some place in which they can

do as they please." Then she went on to tell how in certain cities neighborhoods considered hopelessly noodlum have been reclaimed to civilization by the establishment of public playgrounds.

These playgrounds, paid for by philanthropic persons, have been of immense advantage in keeping youngsters off the streets. Children of the poor as well as of the moderately well to do have splendid times in the inclosures. There is no reason why a number of families might not cooperate in establishing a neighborhood playground for the benefit of their own children, and Miss Euphemia said so. The novelty of the idea commended itself to several parents of active children. Mr. Simpson, the grocer, who suffered most from the misguided activity of small

boys, gladly donated to Miss Euphemia the use of some vacant lots which were at a safe distance from his place of business.

She Was Well Watched. Then the community stood aside to see what the lady would do. About a dozen boys and a half dozen little girls at first wished to be included in the playground association. These joined the originator in clearing out the vacant lots. They were fenced in, but as the people of the neighborhood had always used them as a sort of depot for tin cans, deceased cats and dogs and waste paper, the undertaking consumed much time. The rubbish was carefully piled up and duly removed by the garbage man. Then the work of leveling began. In the center of the plot there were no inequalities; so a tent was put up there. The loose stones were carefully piled in one corner, and a load of nice, white sand, begged from a friendly contractor, was deposited in one corner. The father of one of the boys sent some lumber, and several of Miss Euphemia's young men friends displayed real mechanical ability in putting up the swings. These amateurs also erected a seesaw, a horizontal bar for gymnastics and a hammock. As the membership of the playground increased it was intended to add to its fittings. The boys brought balls and bats, and one corner of the lot was set aside as the ball ground. In another corner Miss Euphemia laid out a tennis court for the girls, an old tennis set being contributed by one of the families interested in the project. Some one else brought out a croquet set, and the prospect for fun in the playground looked bright.

A Tent Shelter. In the center of the lot a tent was erected. When it was very warm and when it rained, the children would gather

in the tent. The smaller children played in the morning with small pails and spades, digging in the nice white sand, while the larger boys built forts in the soft, yielding material. Their masterpiece was a model of Santiago, with Morro Castle and other fortifications. Sections of lead pipe served the children for cannon, and a cast off boat belonging to one of the boys represented the sunken Merrimac in the bay. American camps, a Red Cross station and other interesting features were included. Of course, it was necessary that disci-pline should be maintained in the playground, and Miss Euphemia accordingly organized the members into a self-governing body after the fashion of the George Junion Republic. Boys or girls who would not abide by the decisions of the committee were summarify ejected from the little

So great a success did the experiment prove that twenty families united in en-loying the privileges of the playground dur-ing the summer, and, although there was generally an older person present, the children became so absorbed in keeping the place in a model condition and their own conduct above criticism that the espionage was seldom needed. EDITH LAWRENCE.

Shrewd. From the Boston Herald. Mr. Timmins-"What are you doing now,

Mrs. Timmins-"I'm writing to the Smiths asking them to dinner to meet the Joneses and to the Joneses asking them to meet the Smiths. We owe them both dinners, you know."
Mr. Timmins-"But I've heard they've

dear?"

of the commonplace. Opportunities for studying it abound on every hand; a man's lifetime would be required to solve the secrets of all the waves that await the light of knowledge,

HOW CERTAIN KIND PERSONS POSSIBILITIES OF HADDOCK AND COD.

Written for The Evening Star.

Just the Thing for Camping and Picnics.

Norway is the fish country par excelence. A slender strip of rugged moun-This was the protest made by the worst tainous land in a vast ocean, fish naturally boy in the neighborhood; captured redplays a prominent part in Scandinavian domestic and political economy, and it is to be expected that the Scandinavian cook will excel in fish dishes. One of the most popular Norwegian dishes is called fish pudding. Like the famous southern beaten biscuit, this dish presupposes cheap labor and plenty of it. However, the seeker after culinary novelties will feel amply repaid for the trouble. Fresh haddock is the first choice for this dish, but failing that the most perfect cod obtainable. Boil the fish until skin and bones can be easily removed. This must be done lightly with the fingers, taking care neither to cut nor crush the fish. Put it into a wooden bowl and beat it with a pestle, beating always the one way. beating should continue until a light paste is obtained, say half an hour; then for a medium-sized pudding add gradually two well-beaten eggs and half a pint of cream beaten in, drop by drop, with the pestle. This means another half hour of beating. By this time the cook should have a fluffy paste, which must be put in a pudding mold and steamed for an hour. It should cut exactly like snow pudding when done, and is usually eaten with drawn butter sauce or melted butter and parsley, with a dash of paprika.

Recipe number two is much simpler, and

> boiled eggs chopped fine. Spread this mix-ture on thin slices of rye bread. Norwegian sandwiches are usually made with but one slice of bread. An ordinary French dressing may be substituted for mayon-naise if preferred. Recipe number three is a very good thing to try with a chafing dish. Heat a smoked Finnan haddie either in the oven or by steaming until skin and bones can be easily removed. Break the fish lightly into small bits. Into a spider or chafing dish put half a pint of cream or rich milk, and when it is very hot add a heaping tablespoonful of butter, into which has been rubbed a table-spoonful of flour. Stir constantly until the sauce has thickened, and then add the fish sauce has unickened, and then and the han and let it cook for two or three minutes longer. Of course, a dash of paprika should be added for seasoning. The flour may be omitted and the yolk of an egg used to thicken if a richer sauce is desired. possibilities of smoked haddock are too little appreciated in this country. For a quick breakfast or for camp or picnic this dish is invaluable, as ten minutes in a

IOUSE=

and a bit of butter all the seasoning.

that housekeepers should provide them in one form or another for each meal. Melons, particularly, are at their best, so that it has become almost a matter of course the nuts in small jars, leaving them about to have them every day at least for one to the point where harassed parents asked people of the north spoil watermelons by cup of sugar, twelve cloves, twelve people of the north spoil watermelons by cup of sugar, twelve cloves, twelve people of the north spoil watermelons by cup of sugar, twelve allegice too much chilling; that, like strawberries, corns, twelve cassia buds, twelve all they need the warmth of the sun in them; berries and a stick of cinnamon. but the weight of bpinion seems to be on the side of the icebox.

A novel way to chill a melon is to cut a ripe one into halves and scoop out the put away in a cool, dry place. pink flesh, rejecting all seeds. Lay on a platter, and, with a silver fork, break into small pieces. Add one-half pound of powdered sugar and the juice of a lemon. Turn into a freezer, pack with ice and salt and turn slowly for fifteen or twenty minutes until the mixture is mushy. Serve in glasses, with the addition of a teaspoonful of sherry to each glass if desired.

canons of good taste in table service to offer watermelons with the rind on. Split the melon in two, lengthwise, and with a large spoon and a rotary twist of the wrist," scoop out the luscious pink flesh in matization (and reacclimatization when the cone-shaped pieces. Arrange on a bed of patients return home) are all the cone-shaped pieces. green leaves or cracked ice and you will have a picture for the eye as well as a delight to the palate. Cut in this way, which gives no waste, a good-sized melon | continuously to remain out of doors in will serve fifteen or twenty people.

Watermelon rind preserved, and then dried out in the oven, is quite as good as citron for cake, mince pie, plum pudding and tutti-frutti ice cream.

In preserving watermelon rind, peel off the green part and cut in thin strips. For five pounds of rind put one quart of water a pint of vinegar over the fire. When it comes to a scald add the rind, boil ten or twelve minutes, remove with a skimmer and drain. Have ready a syrup, allowing three and a half pounds of sugar to a pint of water. Let it come to a good boil, skim and add the strips of melon with two ounces of green ginger cleaned and sliced. Cook about three-quarters of an hour, or until tender enough to pierce with a straw. Remove the melon strips with a skimmer and lay on a platter. Centinue boiling the syrup until reduced to one-half. Put the melon in a glass jar, excepting what you wish to dry to use in place of citron, and fill the jars to over-flowing with the boiling syrup.

Watermelon rind is excellent made into a sweet pickle. Cook the strips of melon in clear water until nearly tender, then remove with a skimmer and drain. Make spiced pickle, allowing to every eight pounds of melon a pint of vinegar and three pounds of sugar. Mix together a half teaspoonful each of ground cloves and mace and a teaspoonful each of cinnamon, ginger and allspice. Tie in a cheesecloth bag and add to the syrup. Cook the melon in the syrup until perfectly tender; remove the melon and cook the syrup until reduced down one-half. Put into jars and seal while still scalding hot. While it seems quite as wasteful and ri-

diculous an excess as painting the lily or throwing perfume on the violet to attempt any improvement upon the watermelon au naturel, a change from the stereotyped way of doing things is sometimes desirable. At a recent luncheon the first course was chilled melon, which had been prepared in this wise: All the center of the melon was scooped out, rejecting the seeds. This was broken with a silver fork into small pieces, then put into a freezer with the addition of half a pound of powdered sugar and the juice of a lemon. The freezer was packed in salt and ice and turned slowly for fifteen minutes until a mush-like consistency was obtained. This melon frappe was served in glasses with a teaspoonful of sherry added to each glass.

Watermelons or muskmelons that are not very sweet may be utilized in a salad with mayonnaise or a French dressing in which lemon juice is used in place of vinegar. Among the new fruits which are begin ning to make their appearance in the larger fruit shops are the loquat or Jap-

anese plum and the king-kang or Chinese kumquart. The loquat, which grows on spreading bushes in Cuba, Porto Rico and southern California, is yellow, with a large center pit divided in four sections. It makes a most delicious jelly, and is used in these fascinating sweetmeats known as pastas. These pastas are made by boiling down the fruit with white or brown sugar and then pouring the until almost solid, and then pouring the substance into long, rectangular molds. The king-kang is about the size and shape of the smallest yellow tomatoes, and is sometimes called a mandarin orange. It resembles the ordinary sour orange in skin and coloring. It is very abundant in China, and Japan, where it is put up in an extra rich syrup for the highest class of Mr. Timmins—"But I've heard they've quarreled and don't speak."

Mrs. Timmins—"I know that. They will refuse, and we needn't give a dinner party at all."

And I is the most costly of all preserves there. The American king-kang or kumquart (which is the Cantonese pronunciation of the native name) comes from

sweeter than orange marmalade. Raw, the king-kang is often served as a salad, FASHION ON WHEELS iressed with French dressing.

When the luscious angleworm ar evasive minnow are not at hand and mother is called upon to provide balt for some diminutive Izaak Waiton, try the western expedient of making cotton bait. Stir up a bowlful of flour and water into a batter, add a piece of cotton batting about the size of a child's hand and then with more flour knead into a stiff ball. When of the right putty-like consistency small bits are pulled off and rolled into pellets to fit the hook, as needed. A ball of this cotton dough is much more readily carried about than the can of bait, and proves quite as enticing to the ordinary small fish.

One of the nicest hats for the camping

trip or the garden is made from the ordi-nary tea matting, which your grocer probably throws away. Cut out a large circu lar piece of the matting for the rim. Remove enough of the center to fit the head Make a full crown of shirred cambric, finish the edge of the rim with a narrow pleating of the same and put on ties to fasten under the chin when needed. A hat of this sort, to wear when hanging out the clothes, will be found much more comfortable than the ordinary sunbonnet, and will not need laundering. It was the "good gray poet" who used to sing the praises of the sunbath, while the world at large held up hands of horror at the suggestion. Now the medical fraternity acknowledges its virtues, and pa-tients without number are told to pass

ten or fifteen minutes every day in absolute nudity, out of doors, if possible, otherwise in a room thoroughly aired, with open windows. Following this the body should be briskly rubbed with a rough towel. For many constitutions the cold sea water bath is absolutely hurtful, especially when there is any weakness of the heart. The sunbath, on the contrary, is beneficial when the heat is not too extreme. In an Arizona consumptives' camp on the desert the best gain was made by a young man who made a business of spending ten or fifteen minites each day all winter sitting on the warm sand in the sun. Nature evidently intended that the skin should be brought into more frequent contact with the air than our clothing permits. The sun bath is found especially beneficial in cases of kidney and

makes a delicious sandwich for a light lunch or a late supper with a drop of something to drink. Get a pot of anchovy paste, the imported kind, which comes in tiny white pots the size of an egg. Into half a teacupful of mayonnaise dressing (made trouble, the solar heat giving the whole with Tarragon vinegar) work two tea-spoonfuls of the paste and three hardsystem a strength and vigor which nothing else can impart. If so circumstanced that absolute privacy is impossible, a sun-bath robe made of the thinnest possible material in accordance with propriety is next best. It should be made loose and flowing, with low neck and short sleeves, yet with ample material to permit of its being wrapped about the form when going to and from the house. There is no tonic which can be given to a fretful body, restless and nervous, which is equal to the sun and air bath. Take off the little garments and let the baby toss itself about on the sand or on a thick woolen blanket spread on the grass where the sun shines, or, if too hot, where the sun has been shining, so that there is no risk of the lurking poisonous germs that may be found in damp places where the sun never comes.

The habit of mouth breathing certainly demands attention. It is often due to a certain growth in the top of the throat, back of the palate. This, in time, affects the child, causing the mouth and nose to grow larger. It not infrequently gives rise to a deformity of the chest, which may double boiler is all the cooking required, ead to a weak pair of lungs and consump tion. Consult a physician, and, if necessary, operate as soon as possible. The removal of the growth is very simple and in nowise dangerous. Pickled walnuts or butternuts are an

English relish that go excellently well with meats. The nuts should be gathered when young, before they grow hard and woody Prick them all over with a coarse needle or hatpin, taking care not to stain the fin-gers. Soak the nuts in brine strong enough to float an egg for six days, changing the brine two or three times meanwhile. Take them out, rub dry with a coarse towel, and put them where the sun will shine on them until they become black. If you do not care for the dark color, you may put them at once from the brine into clear cold water over night. When ready to pickle pack three-quarters full. Take a little more spices in the vinegar ten minutes, strain and pour while hot over the nuts. Repeat this latter operation three times within a week, and, after the last time, seal and will be ready in a month, and will keep almost any length of time.

The Home Treatment of Tuberculosis. From the Boston Medical Journal.

Edward O. Otis, while upholding the benefits of such climates as Colorado, &c .. believes that so many sacrifices have to be made for the gain that it is a debata-It is now considered a violation of the ble question whether the gain is worth the price paid. Exile from familiar surroundings and friends, the fatigue and expense of a long journey, the necessity for acclipatients return home), are all very valid objections to the climatic treatment. Any region whose climate permits one almost pure air, is a favorable one for the hygienic-dietetic treatment. Sanatorium treatment would seem to be better than home treatment because of the greater power and personal influence exerted by the physito compare the two, as conditions as to stages of the disease, class of patients, detail of treatment, &c., vary so greatly. On the whole, it must be a source of congratulation to all interested that the prospects of success in the home treatment appear so auspicious, for it is a very small minority of the tuberculous who are able or willing to travel far afield for a resort in which to take the cure.

A Revolution in Buttons. From the Athenaeum.

One of the last surviving of the old sumptuary laws, now almost forgotten, but considered of great importance in maintaining one branch of Sheffield trade, was that directed against covered buttons. The town dealt largely in horn buttons of different kinds for common wear, as well as in metal and plated buttons for the better class of coats, waistcoats and gaiters. From 1720 to the end of the century the town annals show that there was considerable though fitful zeal under the statute of 8 Anne against the vendors and users of covered buttons. In 1791 a tailor was convicted in a penalty of 40s. a dozen for setting covered buttons on a gentleman's waistcoat, and the wearer in like penalty for appearing in a garment thus adorned. General action was taken against offenders by the master and journeymen button-makers of Sheffield as late as 1802, but the magistrates gave so little encouragement to these prosecutions that the law though it long remained unrepealed, fell from that time into desuctude.

The Lightning Gossip Route. From the Chicago Record-Herald. "Well, that's quick work." "What's that?"

"A man from San Francisco told his cousin in New York a secret he hadn't told his wife, and before he got home in ten days his wife had a letter from his cousin's wife, telling her all about it."

HOW THE SWELL SET DRIVE AT NEWPORT.

Latest Styles in Vehicles and the

Turnouts.

Written for The Evening Star. Vanity Fair is seen at its best at Newport, Bar Harbor, Lenox and other summer resorts, when milady takes her morning airing or her late afternoon drive. Notwithstanding the vogue of automobiles, there has never been a season when the fashions in wheels were more stunning. The morning wagon and the Ravens-

court are two charming new styles in basket work, which is again revived. There is also a morning phaeton that has a top, which the morning wagon may or may not have. These vehicles are upholstered in Bedford or whipcord. The body of the wagon is dark in color, with coaching red wheels, coaching red or carmine being the latest color. Reuben's red and vermilion are the shades which have it all their own way this season. Green or dark blue is the next choice in color, with little or no The young person affects the open

spider, with square lamps, and a rumble, which can be removed if desired. Basket work is also used in the construction of the spider, a vehicle much in demand by the smart young woman. Miss Frederika. Webb, who is a skilled horsewoman, takes her morning spin in a Clement spider, to which she drives a pair of high-tepping bays. Miss Cynthia Roche, the only daugh ter of Mrs. Burke-Roche, is one of New-port's noted whips. She has a charming Roman spider phaeton, as well as a trap Trap, by the way, is a term which is indis criminately applied to almost anything and everything on wheels; the one who is versed in carriage lore applies it only to the vehicle with a reversible back seat, so that it can be used for either two or four persons, as desired.

The runabout is, of course, always popu-

lar, and there is a ladies gig, which was first brought out in Paris. It is intended for use with a well-built, well-mannered cob, and is smart enough for outdoor horse shows, as well as for country driving. The golfing cart and tennis phaeton are much affected by the young and smart set at Southampton. Ardsley and Tuxedo. where sports reign supreme. The game wagon is a turnout much in demand at Bar Harbor, and ranks next in popularity o the ubiquitous buckboard, which from time immemorial has been the feature of

society life at that seaside resort.

The game wagon has, of course, lunch and ammunition boxes attached. Some of the more elaborately appointed ones have an ice chest, besides the basket hamper and luggage lockers, and an imperial of generous size for rugs and wraps. Quite similar in style is the Hampstead hunt-ing wagons, with the gear in French green and body panels to match, striped in dark green, with the fine glazed carmine stripes on each side and moldings in clack. It carries four passengers, and there may be one horse or a pair, with the price anything from \$300 to \$700. The seats of this hunting wagon are arranged to ride dos-a-dos or to follow.

The newest brakes have gear and fac-

ings in English vermillion, with broad black striping. They are upholstered in finest English pigskin, and any number of persons up to thirteen can be accommodated. Price, \$1,000, more or less, usually more.

After 4 o'clock the more splendid Vicoria cabriolet and brougham are in evidence. The demi-daumont, a carriage specially dedicated to royalty, is seen ocdence. casionally in this country. Mrs. August Belmont, senior, used to display one at Newport. Mrs. Admiral Dewey takes her outings in one, a superb affair, drawn by four horses, with clanking chains and postilions. As there is no driving seat, the view is unobstructed, and on this ac count the carriage is ideal for pleasure driving, besides being the very last word in elegance. "It is only royalty and Admiral and Mrs. Dewey who ride in demi-daumonts," some one has said. The demilaumont, strictly speaking, is for two

horses; the daumont for four. The up-to-date brougham is fitted up in a luxurious style, rivaling any lady's bou-doir. There are clock, memorandum book bound in ivory and silver; parcel rack hand mirror, manicure case, cut glass vinaigrettes with silver tops, a bell, an open ing for the umbrella to drip outside, pock-ets for any packages, straps for books and magazines, arm rests, foot rest. French plate glass windows. This vehicle costs about \$1,200 or \$1,500, and is upholstered in morocco and satin, with Wilton rugs. The ladies of the Astor and Vanderbilt families own broughams of this description. Miss Helen Gould usually drives in brougham, but the appointments, al

though handsome, are not on such an elab-The grand Victoria and Victoria sedan course, always hold their own. They roll along so smoothly as hardly to give an idea of motion to their occupants. The Victoria is one of the most expensive carriages built, and costs from \$1,700 to \$2,250,

upholstered in morroco. Colored Shoes.

From the Shoe and Leather Reporter. Ever since the season opened for the display of samples for spring and summer shoes, the statement has been made and persistently maintained by many, that colored shoes had outlived their usefulness and would not be sufficiently popular to warrant jobbers and retailers in carrying them in stock. To such a point did this assertion obtain that it not only influenced a large number of manufacturers, who had for several years made large quantities of them, but also tanners of colored calfskins, who in many instances practically threw them out of their list. Shoe manufacturers, in many instances, did not show any colored shoes in their samples, largely in fluenced by statements made to them by wholesale dealers and retailers, that whil a few colored shoes would be worn, the

In the meantime, the faith of a few tan ners in the continued use of colors overgood line of desirable shades of tussely brown and automobile-red, taking their chances on selling them or having ment seems to have been correct, for not only have these few tanners had a good trade, but they have taken many orders to be filled in the least possible time for manufacturers' immediate use.

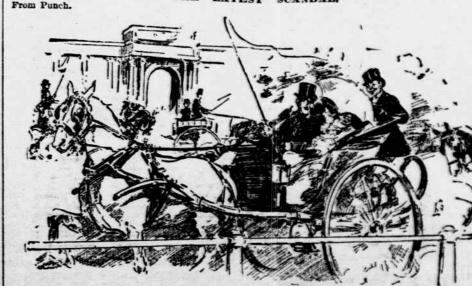
black shoes had almost entirely supplanted

Against Phosphorus Matches From the Chicago Journal. Holland announces the prohibition of

phosphorus in match making from July next, and after January next the importation or storage of phosphorus in quantities ver 100 grammes. The offense of manufacturing with phosphorus will be punished by six months' imprisonment. The purishment for other offenses will be three onths or f25. The transport of phosphorus through the country is permitted.

Contributor (reading aloud)-"His eyes were riveted on her face."

Magazine Editor-"Riveted? Here, cut
that out. If he didn't belong to the union you'll have all the boilermakers in this country down on us."-Tit Bits.



"Which, of course, must not go any farther." Now they

THE LATEST SCANDAL.